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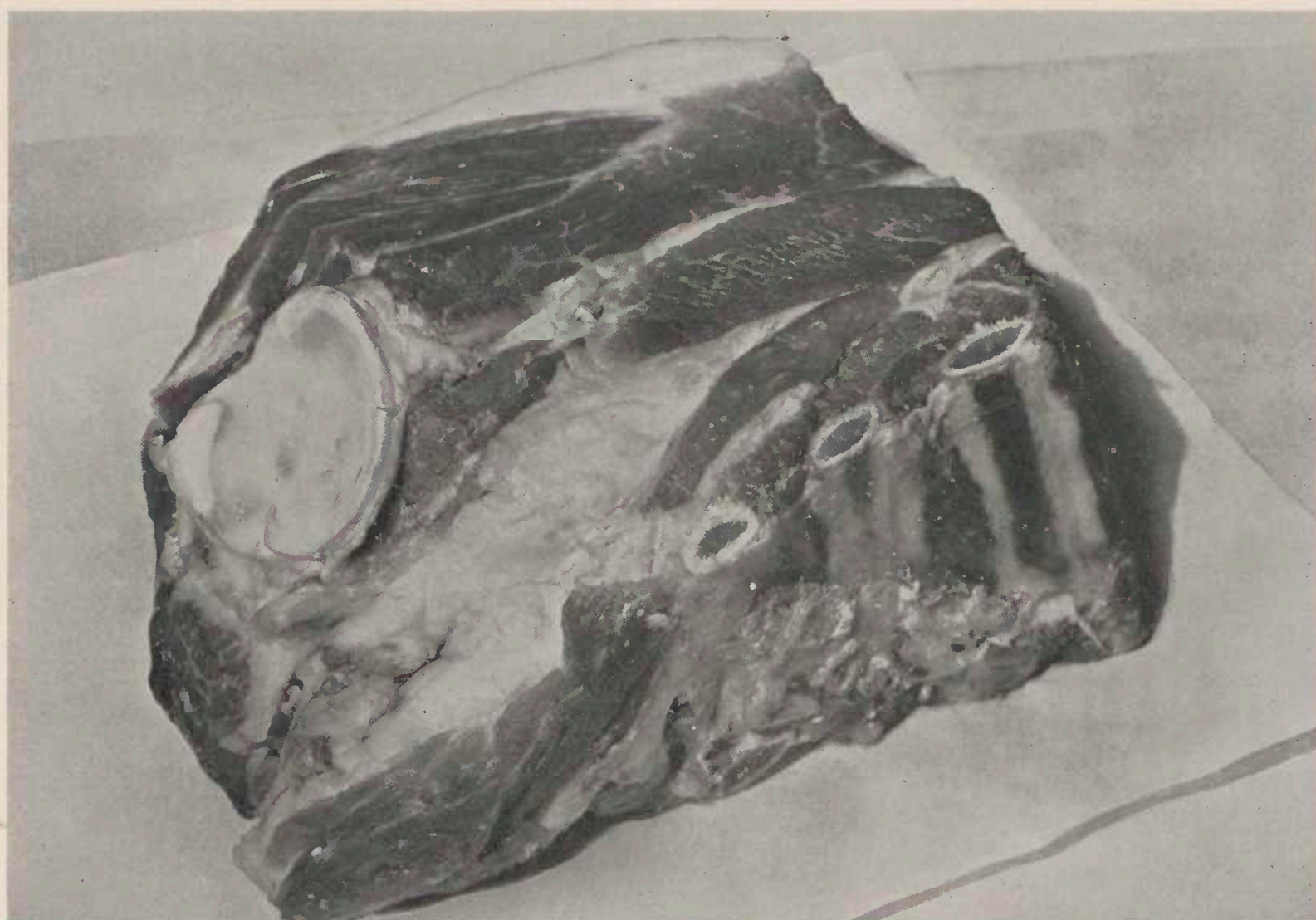
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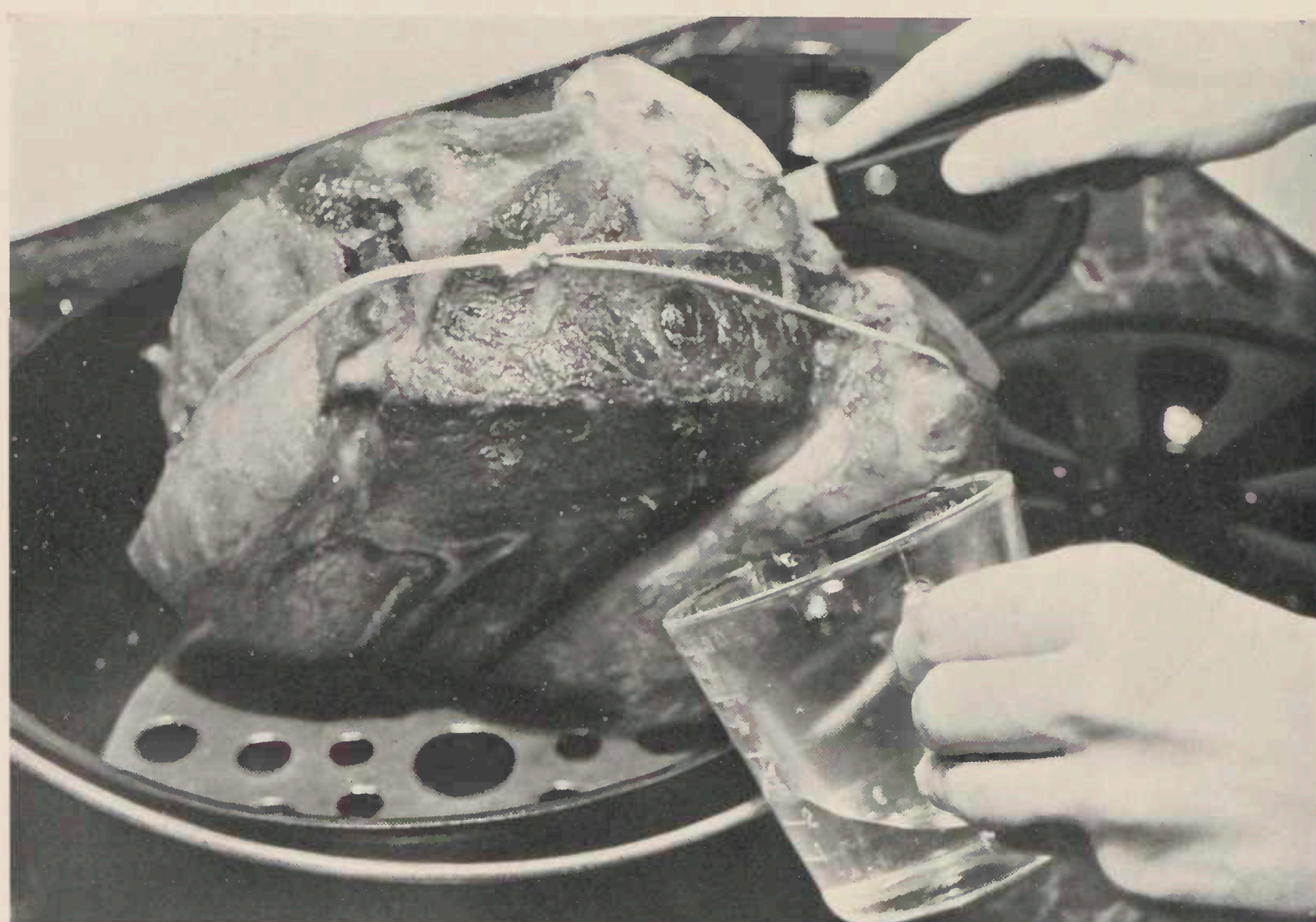
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Pot-roasting a less-tender cut



For a pot roast, select beef chuck, rump, or round 1



Add a little water—about one-half cup 4



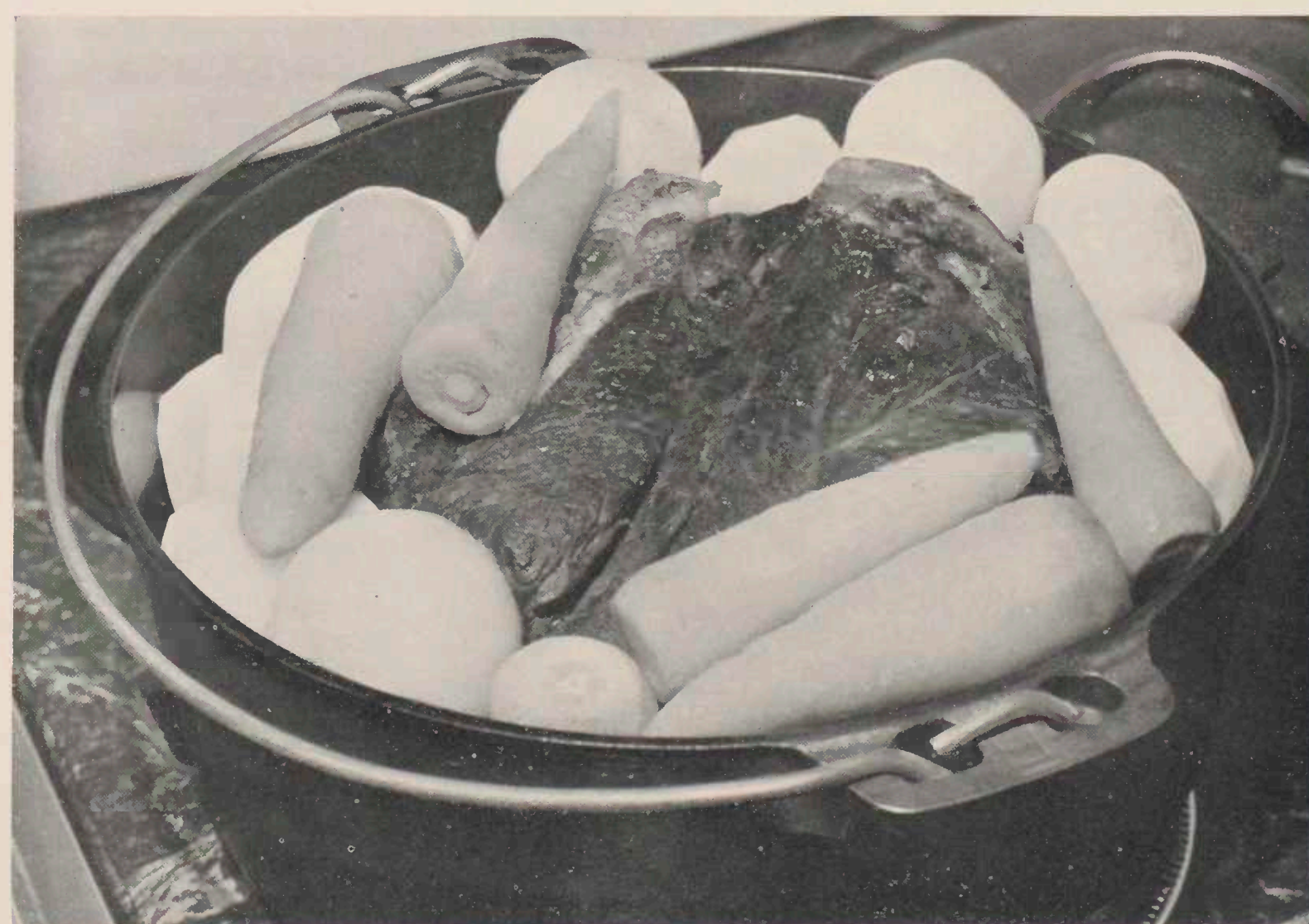
Use a pot with close-fitting lid and a rack 2



Cover and cook slowly until tender all through 5



Brown in beef fat to give rich flavor 3



Add vegetables during the last hour 6

Long, slow cooking with a lid to hold in the steam is the way to make tough meat tender

MEAT COOKING CHART No. 5

BUREAU OF HOME ECONOMICS, U.S. DEPARTMENT OF AGRICULTURE

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